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Summer: Hi, I'm Summer.

Mike: I'm Mike.

Summer: We got married.

Mike: With children.

Summer: We're going on two years of marriage.

Mike: But we've been together for 10.

Summer: He brought two.

Mike: She brought two.

Summer: Together, that's four kids.

Mike: That's way too many kids.

Summer: We want to share what works for us.

Mike: And what doesn't.

Summer: For stepparents, co-parents, marriage, being your best self, managing work, family, friends, health. We're going to talk about-

Mike: Everything.

Summer: You ready, babe?

Mike: Always.

Summer: Well, hello, hello. It is Mike and Summer on another rainy, rainy day in San Diego.

Mike: Welcome to the Everything Always podcast.

Summer: Welcome to the Everything Always podcast. We've had day after day of rain, but it's cozy. But guess what? I'm ready for some sunshine. Are you?

Mike: I actually kind of like today. It's evening time on a Sunday. It's been raining all day. We've got a fire going. Summer was like, "You know what? Let's do a podcast."

Summer: Let's do a podcast, because when we're together and-

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Mike: Got to make that content.

Summer: I do. We do.

Mike: We're busy on a Sunday afternoon. We could be watching TV, but no. We're making a podcast-

Summer: That will come soon.

Mike: ... because we love you.

Summer: We do, and we want to deliver you some good stuff. Today's topic, actually, we're talking about because something that we're going through and we wanted to share with you how we get through it, and this is the topic of change.

Mike: That's right. We were sitting at lunch today, and Summer was like, "You know what? We've got a lot of things going on. We've got massive change to our world about to happen." I was like, "Are you sure you're ready?" She said, "You know what? It's going to be an adventure, and I'm not sure I'm ready, but we're going to be great, and you know what? It's going to be awesome."

Summer: Well, I did, and I said I'm actually really impressed with us. We've had a lot of things that have come up in our relationship together since meeting in all of these 10 years. It's not like there was just like ... There's always something new happening, but I feel like we've had some really profound changes, and I was like, "I feel like every time something happens and we're going to go through a change, we just get better and stronger, and it's less overwhelming."

But the truth is that change, dealing with change, is super scary. It's super exhausting. But it's inevitable that it's going to happen in your life at one point or another, and it especially happens when you have big goals or you actually want different things in your life. Then of course you're going to have some change, and a lot of people will deal with profound change in their life and feel completely overwhelmed, like when you're-

Mike: I'm always a little taken back and shocked that people are terrified of change.

Summer: It's terrifying.

Mike: In general, people would literally rather be in a bad situation. They'd rather struggle or be in pain than have to make a change. That whole get comfortable being uncomfortable thing-

Summer: Even if it's something that they want, like a new job, but sometimes people are faced

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with a job change, or you've been let go and you've got to go work for another company, or you have just gotten divorced, or you are just blending a family and now you're going to all live together. There's so many things, and we are literally right in the midst of a pretty profound change, and I'm sure you're really wanting to know what it is, but-

Mike: We're not going to tell you.

Summer: We're not going to tell you just yet. We will share eventually, but since we're so-

Mike: It's not important. It's just a big change.

Summer: It's just a big change.

Mike: No, Summer's not pregnant.

Summer: I am not pregnant. This is not about a baby.

Mike: I know, I'm just getting that right off the table, because a lot of ... "Oh, there's a baby coming?" Nope, not happening.

Summer: But my experience with you has been that you deal with change really well, but you'll later voice that you're scared, like, "This is going to be hard. I'm nervous. I feel overwhelmed." But when I've watched you go through these things, you go through it with such composure and such confidence, and you really know how to get into the right mindset.

Mike: That is very nice of you to say.

Summer: Well, I think that's what's helped me, because I'll be like the typical emotional female. That's how overwhelmed ... Well, how are we going to do this, and how are we going to do that?

Mike: You know what? I think the mentality is you put your head down, you get started, you know it's going to be difficult, you know it's going to be hard, and you just do it. We're a generation of non-wimps. I think we're raising a bunch of wimps, but we're currently not wimps.

My parents had a really good saying about doing things that were hard. It's kind of a funny saying, but they would say, "You can stand on your head," and that saying was basically saying, "It's not very fun, but you can stand on your head for a certain period of time, and you'll be able to get through it." I still don't even know really what that means, but the thing was you've got to do this thing, it's not going to be very fun.

Summer: You can do hard things.

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Mike: You can do hard things.

Summer: That's it.

Mike: At the end, you'll be okay.

Summer: But a lot of times, the language that's going on in your mind is, "I can't do this. This is too hard. I'm not capable."

Mike: Or it's uncomfortable.

Summer: "This is so uncomfortable."

Mike: A lot of people in situations, I look at it and I'm like, "You're so uncomfortable in your current situation. Just make the change."

Summer: Yeah. It's so funny to me. I was thinking about this, actually, just yesterday. Sometimes it is so hard to take action or take that next step that you know is the next step to getting to where you want to go, but you keep telling yourself, "I'm just not ready for it," or, "I'll do that when. I'll do that when," and you just keep prolonging it because you're so scared of the risk.

But when you finally take action, it's like you gain all this momentum. Don't you feel that way? You're like, "Oh, my gosh, that felt so good. I finally got the ball rolling."

Mike: This isn't just about blended families. This is about life.

Summer: Oh, yeah.

Mike: This is like business, your health, your family. It could be like breaking up with people that you're having bad relationships with. I'm not even talking romantic relationships.

Summer: Oh, friendships.

Mike: It could be that employee that you're like, "This person is terrible for my company. They do a terrible job. But getting rid of this person would be hard. I'd have to get a new person."

Summer: I'd hurt their feelings.

Mike: Yeah. I mean, you know what? I challenge everyone that's listening, because I guarantee you, everyone has something that they know that they should do but they're scared to make the change. Go make the change, and then private message us so we can celebrate

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that with you, because that would be frickin' cool. I want to hear them.

Summer: I want to hear them, too.

Mike: I'm excited to hear, too. It'll be like, "Yeah, my gardener was crappy. Fired him. I got a new gardener."

Summer: Yeah, or, "I quit my job that I've had for 10 years." I'm hearing stories like that, too.

Mike: Yeah, it might be like, "I finally cut off my mullet," or haircut. Is that what it's called, mullet?

Summer: I mean, if it's what I'm thinking of, with the long, this spikiness.

Mike: Yeah, long in the back.

Summer: Yeah.

Mike: Like, "I finally made the change." Whatever. Okay. You get the point.

Summer: Yeah. Yeah.

Mike: You get the point.

Summer: All right.

Mike: The point is make a change. Do it. Do it today, big or small.

Summer: Okay, so here's what I want to do. I'm totally like ... It's funny if you could see us right now, because I'm getting all comfy. I love sitting on the ground. It's weird.

Mike: Summer's now currently sitting on the ground.

Summer: I'm sitting on the ground. Hopefully you can still hear me. I'm looking at the mike like a puppy dog.

Mike: Is a good girl.

Summer: Is a good girl. Okay. Here's what we did. We actually were talking about this at lunch, and I was thinking about this is why I think we have managed to go through change, because, of course, you have to accept that there's going to be challenges and bumps and all of that. I think that in itself helps so much, because if you expect things to be super smooth, that's usually the reason why ... People are afraid of all of the bumps. If you acknowledge there's going to be them, then you can actually take action.

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But now that you've taken action or maybe something has occurred in your life that has brought on this change, we have these four tips, tricks, whatever you want to call them that we go through, and they're actually kind of like stages, because there's the first phase, the second phase, third phase, fourth phase.

Mike: I like this. You're going to quantify the process-

Summer: It's a process.

Mike: ... of effective change.

Summer: Of effectively dealing with change. It's true.

Mike: I like it.

Summer: The first one is don't cope by not coping, and really, that means don't avoid it. If change is happening, and you're so scared of actually diving in and having to deal with it, some people actually ... When you're first hit with the change that's going to happen, you feel really disoriented. Life feels surreal.

Everything that you knew that was so normal and comfortable is now being taken away. The easiest thing to do is to just hide and be like, "I really don't want to deal with this. I just want to get back in my bed, put the covers over my head, and wake up when it's all done." I mean, I think that's the normal feeling for people.

Mike: I think it's funny, and I'm hoping that people that are listening are thinking about the thing that they know they need to change, taking that honest look inside, because a lot of times you ignore it. You pretend it doesn't exist, but you know what it is. That's only one side of it. There's a whole 'nother aspect. Life can change in a minute. You can receive a phone call and your life can be completely different in a second.

Summer: Absolutely.

Mike: The loss of a loved one. Life is full of changes. Some of them you get to time them and pick and choose when you're going to effectively make this change and put a plan in place, and some of them are put upon you in a way that you have no pre-planning or knowledge or even really the ability to put in place.

Anyway, back to the ... As I get off topic. All right. Number one is-

Summer: Well, really, it's about acknowledging what is happening, whether it's a situation you asked for or not, that is happening, is understanding what is about to change. Okay. What does this mean with this change?



Mike: Getting clarity on exactly what the situation is.

Summer: Right, because that's what's so scary, is that unknown. If you can acknowledge and understand as much as you can, what are the changes about, that are going to be taking place? I mean, this is ... Especially with people that have changes within business, like maybe you have a new boss, somebody's taking over your company, you're going to have a new position, or now you're going to be ... If it's a blended family situation, now you're going to be in this house, and all of your kids are going to be together, or you're going to now be a mother to these other kids.

There's so many different things, but really understanding, "Okay, what are we walking into," what are the facts that you can get, just not avoiding it, because avoiding it isn't going to help you at all. The goal here is really to realize that, "Okay, this is happening," and that helps you really to be more in a control mindset rather than, "Oh, my gosh, all this is happening to me."

Mike: Acknowledge exactly what the change effects are, and get a clear understanding of the path.

Summer: Okay. Then the next one, which is so great, and I think the first time this whole concept really empowered me, I think I ... I feel like I was in my early 20s and I had read a Deepak Chopra book, and it was about feelings, and how we can choose how we want to feel. It's something, though, that I have to be reminded of all the time. I'm hoping that this is a great reminder for some of you that may already know this, but sometimes you have to hear something, and sometimes you hear it at the right time because of things that you're going through.

Number two or that second phase is choose the feeling you want to have, understanding that you will feel emotion. As soon as something happens, it's inevitable that you're either going to be angry, like, "What? I just got fired?" Or you're going to be hurt, or you're going to be scared.

Mike: There are so many things that you do not have control of, that you cannot affect. The one thing that you can control, that's yours to own, are your feelings and the way that you choose to guide them, to listen to them, to allow them to be in charge of you or for you to be in charge of them, and I love that, actually, because that's true. You can be in charge of the way that you feel.

Summer: You can. If you think of it this way, emotions will come up involuntarily. I mean, they will come up. Something happens to anger you, and the emotions rise. But you then have that conscious choice to choose the feeling you want to have about that. Your feelings are actually voluntary, and they're not wrong, but they are controllable.

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As much as we feel like you're out of control, you actually are totally in control of your feelings, but you let the emotion take over. I would bet that everyone listening has at least had a moment in their life where they had to compose themselves. They had to choose a different feeling.

Maybe you were on vacation and somebody ... You got some annoying news with a co-worker, there's stress happening, or whatever, and you could get all worked up and get all irritable, or you can say, "You know what, though? This is my vacation and I am choosing to have a good time. I will deal with that. My emotions aren't going to solve anything right now."

Mike: That's some high-level ninja stuff right there.

Summer: High-level ninja stuff.

Mike: Control those emotion.

Summer: Journeys are hard, especially when you're reaching for a great place to go, or something's happened in your life. You can choose to feel totally taken over by it, and that something else is in control of you, or you can take control of that journey. If it is going to be something that's different, a new job, new family, new relationship, ending of a relationship, you get to choose how you're going to have that experience.

Mike: And your mindset of you're going-

Summer: And choose your mindset, yeah.

Mike: ... to either own it or you're going to allow it to own you.

Summer: Right, exactly. Whatever does happen, it doesn't put you in a bad mood. Nobody gets to put you in a bad mood. You choose, you allow, a situation or something to put you in that mood. Sometimes you need to feel sad. Sometimes you need to feel those feelings. I'm not saying that any of those feelings are ever wrong or you shouldn't have them. But just remember that you get to choose what those feelings are.

Mike: You get to create the outlook, like your perspective.

Summer: Hey, guys, I just wanted to say thank you. Thank you for taking a chance on us and listening to our podcast. Our goal is for you to not only learn from us, but to learn with us. We've taken a leap on being pretty open about our blended family and how we do life and everything.

We want to make sure we bring you all the things you want to hear, always. Please, if you have specific questions, like, "How do I get along with my ex?" Or, "How do I get along

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with his ex?" Or, "How do I set some boundaries in place?" Or, "Why doesn't my stepson like me?" Please, please email us with your questions. Email them to info@summerfelix.com, because we want to answer those questions, and we aim to bring you the best guests and conversations to address your most burning issues about everything, always.

Another thing that I feel like I really learned from you, because of so many things that we've gone through, as we've talked about on some of these shows, I am really big into having a vision, like really getting crystal clear on what do I want these ideal situations to look like. When we talk about our future together, or what are we going to be doing in 10 years, or what are we going to be doing next year, what's vacation going to look like.

Mike: That's right.

Summer: I mean, I get really specific about those things.

Mike: Well, it's kind of like setting goals.

Summer: Yeah.

Mike: Right? If you know what you want, your mind and your subconscious and everything is so powerful, you will figure out a way to lay a course. Remember The Secret, when that came out, and there was that whole thing, basically about like, "Oh, all you have to do is think about this thing and you're going to get it," like it's about intention.

I was like, "No, it's actually not." We're amazingly complex in the way that our minds and our drive and all of those things work. It's not that you just put it out into the universe that you want a new bike, and then automatically a new bike shows up. If you know that your intention is to get that new bike, you will put in action things that will lead down a course, a path, that will achieve those goals.

Summer: What you're talking about is this is-

Mike: The law of attraction?

Summer: Well, of course. But no, what I was going to say is the thing is that so often, though, people think of this, and they go, "Okay, I'm creating a vision, but I don't have it yet." It's like they're expecting this immediate result. Shouldn't the thing start snapping and happening?

The next thing that I was going to talk about, and that you often bring up in just about everything, is that things take time. It takes patience. Sometimes I will get impatient. I'm like, "I just made this change in my business. I want to see results tomorrow. What's going on?" You'll be like, "Summer, it takes time." I'm like, "I want to reach more people. I

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want to this. I want to that."

Mike: That's the whole problem with today's young entrepreneurs.

Summer: Oh, it is.

Mike: They think it's all cool to be an entrepreneur, and they're like, "Oh, guess what? I started my little company or idea, and it's been a month and a half, and I'm not winning right now. What the heck?" I'm like, "You don't get it." Pain, sweat, and tears is what's going to help you achieve, and you better be ready to sacrifice and be patient and to give more than you even think that you possibly can give if you want to win, because nothing's easy.

Summer: We talked about that in relationships, right, bonding with your stepkids, your new blended family. No, it does not happen overnight, as much as you want it to. Even when you do have those magical moments of everyone's getting along, it's always a journey, and it does require patience. When it comes to change and you wanting to get so badly to that place, that comfort ... Because when change happens, it's easy to feel impatient and desperate for comfort again, because you're like, "I want my old-

Mike: You say this all the time, get comfortable being uncomfortable.

Summer: Well, yeah.

Mike: That's the pushing yourself.

Summer: I didn't invent that saying, but it's true. I love that saying, because the thing is, though, people will as humans ... We feel a sense of desperation when we are in pain or things aren't comfortable. It can either light the fire to make you work super hard to get there, or sometimes it can be paralyzing.

Mike: And makes you retreat, yeah.

Summer: When it comes to change, at least for me, I know that feeling of like, "I want my old routine back," or, "I want those things that made me feel comfortable," and it might be like, "I want my old office desk back," or, "I want breakfast in the mornings with everyone like it used to be." Whatever it is, you want that feeling of comfort back.

But if you can understand that it takes time, you will have that again, and it most likely will be something even better, and you'll look back and go, "I'm so glad that that change happened, because look at where I'm at now. I'm a stronger person because of it." I think just understanding that really just having patience allows that angst to dissipate.

The final thing for us is after we've acknowledged the emotions and that the change is happening, and we've empowered ourselves with knowing that we can choose the

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feelings we want to have on this journey, and knowing that we have to have patience, and that it will take time, what I think you and I have done really well on is going, "Okay. We've got to accept this as our new reality, and what's the plan? What are you going to do to help? What am I?"

Mike: How do we make the best out of this situation? How do we create a life that you want to have based on the new circumstances and the new things that are presented to you?

Summer: Yeah.

Mike: Good or bad. Sometimes you're making a change from something that's good to something that's better. Sometimes you're like, "This was pretty frickin' good, and the world just made me have to change into something that I just don't like." You may just be in a ... I mean, I got a lot of things going through my head, and I'm sure you can use imagination here, because we're talking about a broad thing, but only you can choose how you're going to deal with the change and how you're going to create that happiness, how you're going to create that joy that can be achieved no matter what the circumstances are.

Summer: Well, I mean, those are the things that we've done. Okay, here's what's going to take place, and here are the next steps for us, and what do we want it to look like? What are the positive things? All right, here are the things we're not super stoked on, but here are the things we are super stoked on. These things we're not happy about, what are we going to do to eventually change those? It's really just going, "This is the new reality, and here's how we're moving forward." That's just with anything.

I think acknowledging, especially if you are in a relationship, for us ... This might not apply to everyone, but if you are in a relationship, is acknowledging each other's emotions that may come up in having a plan of action on how you will support each other when they do, like, "Hey, remember, okay, you're feeling this way, that's totally okay. Let's give each other a pep talk. Let me give you a big, giant hug."

Mike: Yeah, like what are the things that we need to put in place so that we can get to where we want to be.

Summer: Sometimes it's ordering really yummy Thai food takeout and a good bottle of wine.

Mike: Wine and Thai food are both really amazing for-

Summer: It's a great strategy.

Mike: ... creating great change.

Summer: You can definitely change your feelings that way.

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Mike: You're like, "I listened to this cool podcast. The were like change is super hard, but as long as you've got wine and Thai food, things are going to be okay."

Summer: We love dealing with our feelings with food and wine. No, that's horrible.

Mike: [crosstalk] that.

Summer: I'm just kidding.

Mike: My anger, okay.

Summer: Just kidding. All right. I'll review all of those things. I mean-

Mike: Give us a little recap.

Summer: I'll give you the recap. Just a reminder, change can come up at any time, so my hope is that these four tips ... If you are going through something right now that seems overwhelming or something should come up, these four tips are stages, really, in this order. I mean, I really think it can help.

If you want just a quick glance at them, you can also download the PDF sheet that we made. If you go to summerfelix.com/podcast, and you click on this episode, which is Episode 10, you will find the little downloadable sheet which will have the four stages, which just to kind of recap them quickly, is-

Mike: For effectively making change.

Summer: For effectively dealing with change.

Mike: There you go.

Summer: How's that? Okay, one, don't cope by not coping. Number two, choose the feeling you want to have. Number three, have patience. Number four, accept and make a plan.

Mike: I like that. That's great. All right. We haven't done this before on our podcast, but as a lot of you guys know, we have a podcast. It typically comes out every Thursday, later in the week. We've got a Facebook page and an Instagram page, and if you guys don't currently follow us, we would love it if you would put this podcast on hold, go to the page, and Summer's going to give you the names and ways to get there right now.

Summer: Well, you can go to iTunes. You can go to Spotify. You just search Everything Always podcast. You will see us. Subscribe to it. Please subscribe to it.

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- Mike: That's the deal.
- Summer: That helps a ton.
- Mike: Then it pops up and reminds you, "Oh, look, there's Mike and Summer. They want to talk to me again. Yay."
- Summer: If you think this is helpful ... I mean, honestly, I think most of the things in my life that have been super helpful was because somebody shared it with me. If you think that this could add some type of insight or be helpful to somebody, share it with them. Take a screenshot of it and share it. Share it on your social media.
- Mike: We would appreciate it.
- Summer: We would appreciate it, and also, we want to hear from you. We love hearing from you. We get really excited at the end of the day-
- Mike: We're getting some really cool questions, and people commenting, and sometimes people are like, "Mike, you sound really funny on the microphone. I'd appreciate it if you would talk less and let Summer talk more."
- Summer: I probably talk way too much.
- Mike: Which is kind of fun. I'm like, "Shut up. I'm going to talk as much as I want."
- Summer: Guys, we also do a Brewing with the Mulders every Friday. If there's something you'd like us to talk about, we can. We're happy to do so.
- Mike: It's like a Facebook and Instagram Live, Friday mornings at 7:00 Pacific Standard Time.
- Summer: It's really like if you haven't gotten enough of us on Thursday and you're like, "You know what? I need a little bit more about-"
- Mike: Yeah, it's really fun. We get out of bed. Summer's like, "It's 6:55. We have to do a Live in five minutes." I'm like, "Can you make coffee real quick?" She hands it to me. I sit down. My hair's all crazy. Summer's obviously ... She's been up for three hours. She's already worked out.
- Summer: No, only sometimes.
- Mike: Written in her daily journal, meditated. Yeah.
- Summer: Kind of, yeah. It's true.

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- Mike: I mean, this is kind of pretty much true. She's like, "We're on in five minutes." I'm like, "Okay. Really? This is happening right now? Let's do it."
- Summer: Then we sit there, and we talk about really lame stuff.
- Mike: For like 15 minutes, and just sip on coffee, and people put in their little funny comments, and we're like, "Check it out. We're literally talking to nobody right now. There are six people listening. Hi, everyone. Really glad we got up." No, but it's really fun, actually.
- Summer: It is fun. It is fun.
- Mike: It actually is really fun.
- Summer: You can always watch the replays later, which I think that's mostly what happens.
- Mike: I mean, here's the thing. We're trying to build a community of people that are grooving on the things that we talk about, blended families, being better in business, trying to be optimistic about creating a better life.
- Summer: Ooh, and I'm excited, because we got a lot of bookings this past week. We have attorneys that specialize in parental alienation, if that speaks to any of you. We have experts that talk about co-parenting. They are counselors and therapists. There's specific niches. There's how to avoid court and-
- Mike: It was funny. She's like, "Yeah, how to avoid court." I'm like, "Is there an attorney we could bring on that would be like how to win in court?"
- Summer: It says something like how to win. I don't remember exactly the ... But they're really, really good stuff.
- Mike: There's some good content coming up, is basically what Summer is trying to say.
- Summer: Yeah, and we're still learning all of this, and I think it's so fun, because there's so much that we have learned and that we really feel confident is empowering for parents and really helpful tips, and then there's some stuff that we're like, "Wow, we wouldn't even know how to figure that kind of stuff out," because some things we haven't dealt with. But we love that we get to-
- Mike: No, we're in the middle of it, and so who was it, they're like, "Well, what makes you an authority to talk about blended families?" I'm like, "I guess because I'm in the middle of it, and I have one, and we want to be better, and we've done it terribly wrong, but we learned from that, and we're doing it better now, and maybe we could help other people not make the same mistakes that we made." I think we just decided that we're going to do it.

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Summer: Yeah. I mean, we've been through these-

Mike: Not because we have a Ph.D. in blended families.

Summer: No.

Mike: Only because we have one. Really, I think that we've learned so much. I wish there was something like this when we were first getting together, because it would have saved so many hard moments and things that were tough, that we could have been like, "You know what? Let's not do it that way, because somebody told us if we do it the way, then everyone's going to cry, and crying's bad."

Summer: I will say, people that I love learning from are the people that have made mistakes, because you know that they've ... You've gone through it. I think I said this on the very first episode, that sometimes there is material out there, but it's coming from an expert who didn't even have a blended family, or who just happens to be a therapist, and it has great advice and tips.

But I love to really connect and hear, "Oh, wow, and now I understand why you shouldn't do that. Now I understand why that does work, because look at how it worked for you guys," or to have other people on the show that are just like, "This is what I did that really did not go so well, and here's what I did do that went great," or, "Here's what I learned, and now we have a stronger relationship."

There's also hope, too, because some people might be in the middle of it going, "Okay. I've been doing all of the stuff that you guys said not to do, is what I've been doing." But guess what? That makes you aware of it, and then you can change it.

Mike: Can make a change.

Summer: Yes. But I think that it gives a bit more credibility when you talk to people who have gone through it-

Mike: Actually been-

Summer: ... and are going through it. We're still going through it.

Mike: We're in the middle.

Summer: We're still figuring stuff out all of the time.

Mike: That's right.

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Summer: I think it's great to be doing this.

Mike: All right. This was a pretty interesting podcast. I liked this one. I do think that my major takeaway from this whole thing is that you can get through change with wine and Thai food, and that makes me think about Uber Eats right now, and the fact that maybe we're going to have Thai food for dinner.

Summer: It is Sunday night. It is raining. The fire's on.

Mike: Come on. That sounds awesome.

Summer: We have episodes of This is Us and New Amsterdam.

Mike: [crosstalk]

Summer: Yeah, we gotta get going. Sorry, guys. We gotta go.

Mike: All right, seriously.

Summer: We have too much fun in store.

Mike: We need to go right now. All right. Until next time.

Summer: Thanks, guys.

Mike: Thai food and wine.

Hey, guys. Thanks so much for listening to our podcast. You know what they say, if you can't find what you're looking for, then you need to create it. That's what we did.

Summer: Yep. I scoured the internet and looked for the tribe that spoke to me, and I just couldn't find the community that was raw, vulnerable, and really wanting to make a change to the millions of families like ours, so I decided to create it. It took about one conversation for my husband to say, "I'm in," and here we are.

Mike: But it takes listeners like you to keep it alive.

Summer: Please, if you like this, write a review. Take a screenshot. Share it on your social media. Tell people. It means the world to us.

Mike: Remember to email us. We would love to hear from you.

Summer: Please share this with someone you love.



Mike: Be bold enough to share it with someone that you don't.